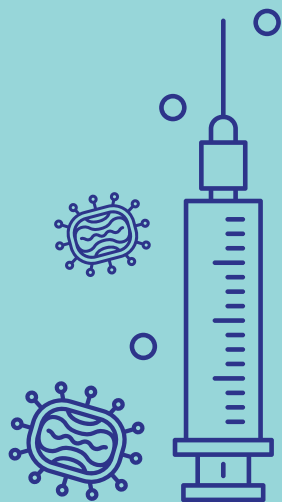


## How do I get vaccinated?

If you think you are at risk for mpox and are interested in a vaccine:

Call the **NM Department of Health (NMDOH) Call Center** at **1-855-600-3453, Option 4** for a confidential consultation.

Visit: **monkeypoxnm.org** for a list of available providers.



## Contact Us

NMDOH Hotline:  
**1-855-600-3453,**  
**Option 4**



For more info about mpox visit:  
[nmhealth.org/about/phd/idb/mpv/](https://nmhealth.org/about/phd/idb/mpv/)



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**FACTS**



## What is mpox?

Mpox is a viral zoonotic disease, meaning that it can spread from animals to humans.

It can also spread between people.

It was first identified in colonies of monkeys kept for research in 1958.

It was only later detected in humans in 1970.

## How does it spread?

- Direct skin-skin contact with rash lesions
- Living in a house and sharing a bed with someone
- Sharing towels or unwashed clothing
- Sexual/intimate contact, including kissing
- Respiratory droplets or oral fluids from someone with mpox, particularly for those who have close contact with someone or are around them for a long period of time.

## What are the symptoms of mpox?

- Fever
- Headache
- Muscle aches & backache
- Swollen lymph nodes
- Low energy (fatigue)
- Rash with blisters on face, hands, feet, eyes, mouth and/or genitals



## You should seek medical guidance from a healthcare provider if you:

- Had contact with someone who had a rash that looks like mpox or someone who was diagnosed with confirmed or probable mpox
- Had skin-to-skin contact with someone in a social network experiencing mpox activity, sexually active individuals who meet partners through an online website, digital application (“app”), or social event (e.g., a bar or party)
- Traveled outside the US to a country with confirmed cases of mpox or where mpox activity has been ongoing
- Had contact with a dead or live wild animal or exotic pet that exists only in Africa or used a product derived from such animals (e.g., game meat, creams, lotions, powders, etc.)

The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

## How do I reduce my risk?

- Limit your number of sex partners
- Condoms may protect your anus, mouth, penis or vagina from exposure to mpox. **However, condoms alone may not prevent all exposures.**

## What do I do if I think I have mpox?

- Isolate yourself
- Avoid close contact with others
- Clean hands regularly
- Contact a healthcare provider for advice, testing, and treatment.

If you have had direct, skin-to-skin contact with someone who recently tested positive for mpox or had a rash/lesion that appears to be mpox, you should:

- Avoid sex or being intimate until you have been checked by a healthcare provider or public health clinic near you. Remind them that this virus is circulating in the area.
- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact.
- Do not share items that could come in contact with the rash or lesions (e.g., bed linens, clothing, towels, wash cloths). Do not share drinking glasses or eating utensils.
- Think about the people you have had close, personal, or sexual contact within the last 21 days, including people you met through dating apps. You might be asked to share this information if you have received a mpox diagnosis, to help stop the spread.